

## Post Shorts

### Recycling schedule



The recycling pickup for Wednesday, Oct. 9, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### Be safe and save money

In recognition of National Fire Prevention Week, the Main PX, building 2401, is placing all fire safety equipment on sale Oct. 6 to 12. Save 20 percent on items such as smoke detectors and portable fire extinguishers. Other safety equipment will be on display at the main store. For more information, call 410-272-6828.

### Auto Craft Shop offers Veterans Day specials

The Aberdeen Proving Ground Automotive Craft Center is offering its annual Veterans' Day customer appreciation special Nov. 8 and 9. During regular business hours, bay fees will be reduced by \$1 and there will be complimentary coffee and donuts for patrons. For more information, contact Cal Adams, manager, at 410-278-2884 or e-mail cal.adams@usag.apg.army.mil.

### Letters From the Front, Oct. 3 and 4 performances

APG Morale Welfare and Recreation will host two free performances of Letters From the Front World War II at the Post Theater. The first performance will be open to the general public on Oct. 3, 5 p.m. The second performance for active duty military only will be Oct. 4 at 7 p.m. For more information, call Earlene Allen, 410-278-3854 or visit [www.letters-from-the-front.com](http://www.letters-from-the-front.com).

### Road closure

As part of the ongoing renovation of the Aberdeen Area's School Street family housing quarters, the east segment of School Street will be closed on or about Oct. 2 for approximately one week to allow installation of new underground electric lines.

The west School Street segment will be temporarily converted to two-way traffic and used for access to Sydney Park Road, the Morale, Welfare and Recreation boat dock, and buildings 2040 to 2043.

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143rd spruces up Edgewood Elementary School

# APG teams up for fire safety

DSHE

Every fire safety team starts with firefighters, but they can't do it alone. Effective fire safety depends on teamwork. That is why the theme for this year's Fire Prevention Week is "Team Up for Fire Safety."

The Fire and Emergency Services Division of Aberdeen Proving Ground will join 30,665 fire departments, representing 1,079,050 firefighters across this nation in observing National Fire Prevention Week, Oct. 6 to 12.

For over 80 years the National Fire Protection Association has been an official sponsor in developing themes for National Fire Prevention Week. It's a simple idea: team up with people with whom you live, work, play, and worship so that everyone will be better prepared to prevent, and if necessary, survive a home fire.

This year's campaign touches on three simple essential safety lessons that everyone can learn according to Andre' A. Fournier, fire protection specialist for the Fire and Emergency Services Division, Directorate of Safety, Health and Environment.

The first lesson to learn is how to practice a home or work fire escape plan.

"Many people are injured trying to escape their homes," Fournier said. "Take time during National Fire Prevention Week to conduct a home inspection. Pay close attention to your way out of every room in your home. Remove items from stairways and landings. During the middle of the night in a smoke filled house, you are not going to see these items. You could fall down the stairs and injure yourself. Check the hallway and remove items that would hinder a clear passage to an exit door."

The second lesson is installing and testing smoke detectors. Battery operated smoke detectors should be tested once a month.

"It's a sound you can live with. If you have a battery-operated smoke detector, this is a good time to replace the batteries and conduct fire drills," Fournier said.

A recent study conducted by the U.S. Consumer Product Safety Commission on smoke detectors revealed that they begin to lose sensitivity after 10 years of use.

Smoke detectors are appliances, just like toasters, stereos and furnaces. Unlike other appliances, these devices function quietly in the background. Its alarm, in response to a real smoke situation or to testing, is the only evidence that it works. A stereo that does not play will not lead to tragedy, but a worn-out smoke detec-

tor, failing to sound in a fire could. Replacement of smoke detectors every 10 years is recommended.

Every state in the United States has laws requiring that smoke detectors be installed and fully operational in occupied residences, yet 85 percent of fire deaths last year occurred in residential fires.

The third lesson is to look for home hazards. Take time to conduct a fire safety inspection.

"This will reduce the risk of being harmed in a home fire," Fournier said.

Keep cooking areas clean and clear of materials that could catch on fire, such as pot-holders, towels, paper towels, rags, drapes and food packaging. Replace or repair electrical devices with loose, frayed, or broken cords. If there is a smoker in the house, make sure ashtrays are large and deep and won't tip over. Always have a metal can, such as a coffee can, to discard smoking material before discarding into the household trash.

The fall season is quickly approaching. This means cooler evenings and the use of alternative heating methods to take the chill out of the air. Give space heaters plenty of space. Space heaters should be at least three feet (one meter) away from anything that can burn. Always make sure to turn heaters off when leaving the room or going to bed. If using solid-fueled heating equipment such as wood or coal stoves, or fire places, make sure that the chimney has been inspected and cleaned annually by a qualified professional.

Even though public education programs in fire safety have been successful in reducing the annual death toll due to fire, the United States still leads the world in the highest death rate.

In 2000, 4,045 civilians lost the battle to fire and 22,350 were injured, or a fire death occurred every 130 minutes, and every 24 minutes someone was injured by fire.

"Let's not forget the 112 firefighters who lost their lives while protecting others," Fournier said.

Every year, family members gather at the National Fallen Firefighters Memorial located in Emmitsburg, Md., to honor the firefighters who lost their lives.

"It is a difficult task to explain to a child of a fallen firefighter why their parent had to die protecting lives and property. It is especially difficult to explain that 90 percent of the fires fought were caused by human carelessness," Fournier said.

To ensure sure that installation employees and residences are prepared in the

See **FIRE**, page 5

# New installation management program begins

## All Army posts affected

Sheila Little

APG News

The headquarters for a centralized agency designed to manage Army installations and earmark funds for soldiers and their families opened Tuesday, Oct. 1, in Arlington, Va.

The mission of the Installation Management Agency, IMA, is to execute the concepts outlined by Army Secretary Thomas White when he pledged last year that the service would implement better business practices.

"Transformation Installation Management has evolved into more than

cutting layers of bureaucracy," said Philip E. Sakowitz Jr., the new agency's deputy director.

The transformation phase has led to the opening of the IMA, and the make-up of the Army is only one very visible change to be made, IMA officials said.

Sakowitz, who has spearheaded the Installation Management task force since March, said the Army's plan is to reduce military personnel in garrison.

"The only positions we can say for sure will remain is the garrison commander and command sergeant major," Sakowitz said, inferring other garrison

positions will be filled by civilians.

Regarding the impact on Aberdeen Proving Ground, Col. Mardi U. Mark, garrison and deputy installation commander said, "Since we have already civilianized many of the positions that were formerly done by the military, this will have little impact on APG Garrison operations."

Mark said APG will still have military chaplains, chaplain assistants, lawyers, and military police, but some civilians may be added to the rolls.

She pointed out that the installation has already hired Department of the

Army civilian police officers to augment the force, and APG is following the Chief of Staff Army guidance to put soldiers back into the divisions.

IMA has also become a mechanism for making sure the Army is taking care of its personnel and operating to standard, Sakowitz said.

The purpose of the agency is to make sure funds are funneled into the programs they are earmarked to support. Funding for an installation will be separated into two different pots, and will no longer migrate between mission and base operations.

See **TIM**, page 11

# 2002 CFC starts

John Belcher

Chairperson, 2002 CFC

What would you be willing to sacrifice in order to change someone's life? Would you give up one soft drink per week or a night out at the movies every month if you knew it would make the difference between eating and going hungry for a homeless individual? Perhaps you might consider sacrificing \$6 per paycheck if it would help an adult learn to read. If \$10 deducted from your regular pay could provide job training and placement for an unemployed person, would you do it?

These are the questions federal employees throughout the country will be asking themselves as they consider contributions to the 2002 Combined Federal Campaign.

Now that the CFC solicitation period has begun, federal and military personnel nationwide are being asked to consider the importance

of this annual fund-raising drive and its impact on millions of Americans.

The Central Maryland CFC received more than \$5 million in pledges last year. This made Maryland the fourth highest grossing campaign in the country. The goal this year is to exceed \$5 million again, increase participation, increase payroll deductions by \$2 per giver and increase leadership level contributions.

Aberdeen Proving Ground's goal is to collect \$325,000. Last year 28 percent of 9,862 employees gave to the 2001 CFC with an average gift of \$152.05. The CFC staff would like to see this year's contributions go over the 30 percent mark and reach \$400,000.

Chris White, a well-known artist and illustrator at the U.S. Army Aberdeen Test Center, has painted a lighthouse print to be distributed as the Eagle award to employees who contribute \$1,000 or more.

See **CFC**, page 6

# Top Army spouse addresses Prayer Luncheon



Patty Shinseki, right, wife of U.S. Army Chief of Staff Eric K. Shinseki, exchanges information about a mutual acquaintance with Linda Ertwine, wife of retired Brig. Gen. Dean R. Ertwine, former commander of the U.S. Army Developmental Test Command, following the Aberdeen Proving Ground prayer luncheon, Sept. 12, at Top of the Bay.

Story and Photo by  
Sheila Little  
APG News

The Aberdeen Proving Ground Commemorative Prayer Luncheon took place Sept. 12, just one day after the first anniversary of the terrorist attacks. Hosted by the APG Chapel, the main ballroom of Top of the Bay was packed with soldiers, family members, employees and community leaders, who came to hear guest speaker Patty Shinseki, wife of Army Chief of Staff Gen. Eric K. Shinseki.

Shinseki emphasized the importance of relying on God for wisdom, guidance, strength and comfort, and said that prayer, while often turned to in times of despair, should be a daily habit.

Speaking the day after participating in events marking the ongoing recovery from the terrorism of last year, Shinseki reminded attendees of all the country has faced over the past year, and how faith in God and prayer for comfort and guidance has led many Americans to reach out to others as they renew their faith in God.

"We can't do great things, only small things with great love," Shinseki said.

Shinseki said a military chaplain's meeting held in Washington last September was fortuitous. In a matter of hours they were available to assist at the Pentagon site.

"I believe they were here to serve according to His plan," she said.

She said grief brought everyone closer, including the Army and civilian communities, and a partnership was formed between the two to help in future crises.

Speaking on what the Army is doing from within to better cope with crisis, Shinseki said the Well-Being Program is being tested to find out how best the Army can serve its soldiers.

"Soldiers with strong families are successful and this impacts the strength of the force," she said. "Now more than ever, their well-being is important to the Army."

Prior to the luncheon engagement, Shinseki spent the morning touring the installation. Noting that APG is one of five test labs for the Well-Being Program, Shinseki said, "You are at

See **SHINSEKI**, page 5

## Installation Watch Card

Awareness is key! Everyone is a sensor.

### Do observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

### Do not:

- Discuss any aspect of military operations or planning.
  - Discuss military capabilities or limitations.
  - Discuss force protection measures, capabilities, or posture.
  - Disclose any information related to unit deployments.
- Report any suspicious activity immediately to APG Police:**  
Aberdeen Area 410-306-2222  
Edgewood Area 410-436-2222  
Your call may save lives!



# Commentary

## Saying goodbye to friends



**Sheila Little**  
*APG News*

Recently I accepted a different job opportunity, so after four years of writing for the *APG News*, I'm saying goodbye.

It's difficult, because for me, writing for this paper has not been just an ordinary job.

I started my professional writing career in the fall of 1998, armed with a resume consisting of 23 years of experience as a military spouse and

20 as a mother, a bachelor's degree in nursing, a background in substitute teaching, and volunteer experience writing for spouse club and PTA newsletters.

Working with a small but talented newspaper staff, this raw recruit was given the opportunity to spread her wings and go out into the community and learn from leaders, installation employees and soldiers, concerned residents and dedicated volunteers.

Through interviewing people across Aberdeen Proving Ground, I've been inspired by the dedication of the installation's volunteers, impressed by the accomplishments of its civilian employees, and pleased to see soldiers and their families doing their everyday jobs, and then taking precious personal time to work within and for the community as well.

I've been from one end of the installation to the other, and have met well-known personalities, ordinary citizens, family members, commanders and recruits.

Each day that I've been on the job, I've learned something from someone.

Supporting and guiding me, members of the news staff and public affairs office have extended their friendship while taking the time to teach me things that (I'm hoping here) turned me into a better writer.

I am hard pressed to think of any other occupation that offers such a great opportunity to meet a variety of people, be inspired by the stories they tell, and then learn how to share that information from writing professionals who are also close friends.

I've come to believe that APG is overflowing with people dedicated to doing a great job and helping others along the way. I've met and worked with those who have inspired me, mentored me and allowed me to grow.

As I look forward to this new employment opportunity, I'm looking back with fondness and gratitude.

Thanks to all of you who have helped me along the way. You will be missed.

## Readjustment, reconnecting after deployment

**Pfc. Brian Trapp**  
*Army News Service*

A deployment's strain on relationships doesn't end when the soldiers come home. Stresses of readjustment to family life can be tough on a family, too.

"While on a real-world deployment, soldiers deal with stress of the unknown, being away from their family, and there is a 'no-kidding' life and death struggle," said Lt. Col. John C. Chin, Ph.D., command psychologist, who has worked with special operations the majority of his career. "When soldiers get a sense of mortality, it wakes them up, and they realize it's their family and children who matter the most. If they maintain a solid foundation in those areas, it makes for a better life."

There are more concerns for younger marriages, Chin said.

Spouses are faced with new challenges, like financial and child care concerns and become more independent and may feel contempt for the returning soldier for taking some of their independence.

During redeployment, family members typically deal with conflicting emotions.

There is the excitement that the soldier is coming home. On the other hand, there is some apprehension, according to the Department of the Army study "The Emotional Cycle of Deployment, a Military Family Perspective."

Some concerns include "Will I give up my independence? Will we get along?"

Ironically, even though the separation is almost over, there can be renewed difficulty in making decisions.

"Soldiers reconnecting with family are coming from profound emotional experiences, and the spouses also had these experiences, dealing with day-to-day issues by themselves, financial issues, taking care of the children and gaining independence," Chin said.

"Sometimes partners can't understand what the other was dealing with while they were apart," he said. "It's better to ease into the relationship — maintaining a degree of independence and not to push spontaneous reconnection. It's a new relationship. Both partners have changed from their experience."

Many spouses also have a burst of energy during this stage, according to the study.

There is often a rush to complete "to-do" lists before their mate returns — especially around the home. It is almost inevitable that expectations will be high.

Homecoming for the soldiers can be a joyous occasion, but also a frustrating one.

The date of return may change repeatedly. Despite best intentions, the spouse at home may not be able to meet the returning soldier — short notice, sitters can't be found in the middle of the night, unable to get off work.

Soldiers may expect to be received as "heroes" and "heroines" only to find that they have to make their way home.

The reunion with the children can also be a challenge. Their feelings tend to depend on their age and understanding of why the soldier was gone.

Babies younger than one year old may not know the soldier and cry when held, according

to the study. Toddlers may be slow to warm up. Pre-schoolers may feel guilty and scared of the separation. School age children may want a lot of attention. Teen-agers may be moody and may not appear to care.

In addition, children are often loyal to the parent who remains behind and do not respond to discipline from the returning soldier, according to the study. They may also fear the soldiers return if a parent says, "Wait till Daddy gets home."

Eventually, soldiers will want to reassert their role as members of the family, which can lead to tension, according to the study. This is an essential task and requires considerable patience to accomplish successfully.

It is not realistic to return home and expect everything to be the same as before the deployment.

Reconnecting and understanding both have changed sometimes during the deployment is critical, Chin said. The soldier may become a control freak but must realize the spouse gained independence during their time apart, and that's a good thing. It helps take some of the day-to-day responsibilities off of the soldier.

Soldiers may not approve of privileges granted to children by the non-deployed parent, according to the study. However, it is probably best for the soldier not to try to make changes right away and to take time to renegotiate family rules and norms. Not heeding this advice, the soldier risks invalidating the efforts of their mate and alienating the children.

Soldiers may feel hurt in response to such a lukewarm reception, according to the study. Clearly going slow and letting the children set the pace goes a long way toward a successful reunion.

Post-deployment is probably the most important stage for both soldiers and spouse. Patient communication, going slow, lowering expectations and taking time to get to know each other again is critical to successful reintegration of the soldier back into the family.

The separation of deployment provides soldier and spouse a chance to evaluate changes within themselves and what direction they want their marriage to take. Although a difficult as well as joyful stage, many military couples have reported that their relationship is much stronger as a result.

"NCO and officer leadership need to know their people intimately," Chin said. "Family support groups need to reach out to the young folks, particularly the ones who don't participate, to prepare them for the stresses of deployment."

Most Army installations offer a wide range of service and support for soldiers and their families, Chin said, including counseling from mental health professionals, chaplains and Army Community Service advocates.

*(Editor's note: Pfc. Brian Trapp writes for the Fort Benning Bayonet newspaper.)*



Above is a scene from last year's Soldier Show at APG.

Photo by SHEILA LITTLE

## 2002 Soldier Show comes to APG

Aberdeen Proving Ground Morale, Welfare and Recreation will host three performances of the U.S. Army Show, "Freedom Is Not Just a Word," at the Post Theater, building 3245.

The U.S. Army Soldier Show is a high-energy, MTV-style, 90-minute live musical review showcasing the talents of active duty soldiers who are selected by audition from throughout the Army.

The Nov. 1 performance begins at 7 p.m. and is open to the general authorized public (Department of Defense civilians, contractors, retirees and their family members only).

The Nov. 2 performances are at 2 and 7 p.m. and are only offered to active duty soldiers.

## APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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## PETS OF THE WEEK



Photo by YVONNE JOHNSON

### Up to the caboodle in kittens

Three kittens at the Post Veterinary Treatment Facility, building 2479, across from Kirk U.S. Army Health Clinic, climb the bars of their cage in a plea to be free. More than 20 kittens are available for adoption. Now is the perfect time to give that special someone a furry gift for Halloween. You do not have to be active duty military to adopt a pet. For more information, contact the VTF at 410-278-4604.



## Post Shorts

Please obey all signs and use caution through the detour area. For additional information, call Jerry Norris, APG Directorate of Installation Operations at 410-306-1159.

### Hispanic heritage events at APG

The U.S. Army Ordnance Center and Schools and the U.S. Army Developmental Test Command are sponsoring this year's Hispanic Heritage Month Observance for Aberdeen Proving Ground.

The observance will be held at the APG Recreation Center on Oct. 9, 11:30 a.m. to 1 p.m., and featuring singer Erica Martinez, exhibition dancer Maritza Cisneros, Aberdeen High Latin Dancers, and guest speaker, Garrison EEO Officer James Rivera. The event is free and includes food sampling from several Hispanic cultures and cultural displays.

For more information, call Sgts. 1st Class Ismael Martinez, 410-278-2529, Duffie Robertson, 410-278-1053, Rodney Yelder, 410-278-5598, or Thomas Serino, 410-278-1534.

Additionally, the U.S. Army Center for Health Promotion and Preventive Medicine Hispanic Employment Program will present "Hispanic Americans: Strength in Unity, Faith and Diversity," 11:30 a.m. to 1:30 p.m., Oct. 10, at the Gunpowder Club Conference Facility, building E-4650, Edgewood Area.

Events will include guest speaker Jeffery Derrick Vargas, national Hispanic Employment manager from the U.S. Department of Energy; Hispanic foods, displays and music.

Some food sampling includes arroz con pollo (rice and chicken), yucca al mojo (Cassava root cooked and smothered with a garlic base light sauce) and guineito en escabeche (boiled green bananas sautéed in a onion garlic base sauce). Live music will be provided by Wanda Liz Colon.

For more information, call Eleonor Gordon, 410-436-8304, Carmen Adrover, 410-436-8341, or Capt. Roberto Marin, 410-436-5486.

### Blue Cross/Blue Shield service visit

The Civilian Personnel Advisory Center has made arrangements for a claim representative from Blue Cross/Blue Shield to visit Aberdeen Proving Ground on Oct. 8 to discuss claim problems and plan coverage. No appointment is necessary.

The representative will be available in the Aberdeen Area only from 9 to 11:30 a.m. in building 305, room B-14 (lower level). For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331.

### Soda prices increase

The Post Restaurant Fund wishes to inform customers that the cost of vended Coca-Cola products increased as of Oct. 1. All bottled sodas, juices, sports drinks and water are \$1 and all canned sodas and 12 oz. water are \$.65.


For more information on Post Restaurant products or services, call 410-278-3520.

### SBCCOM IT services expo

The Corporate Information Office, U.S. Army Soldier and Biological Chemical Command invites everyone to attend the Annual Fall Information Technology Products and Services Expo, Oct. 9, 9:30 a.m. to 1:30 p.m., at the Gunpowder Club Conference Facility, building E-4650, Parrish Road, in the Edgewood Area.

Exhibitors will include AMX Corporation, Audio Visual Innovations, Brocade Communications, CDW-G Corel, Data Base Connection, Dell Computer, Gateway, GMR, HP/Compaq IBM, I-Gov, Intelligent Decisions, MEDI, Metro Office Products,

## Pollution Prevention



*Wipe up spills with a sponge or rag instead of a paper towel.*

APG Pollution Prevention Program

Micron PC Office Eagle, Stapes National Advantage, Westwood, WrightLine, Xerox and more.

For more information, call Donna Flemister, 301-854-3278 or Chris Zukowski, 410-436-4337.

### Alcohol and drug abuse prevention training offered

A.D.A.P.T. focuses attention on the adverse effects and consequences of alcohol and other drug abuse. Changing undesirable attitudes, values and behavioral patterns associated with alcohol or other drug abuse is of particular importance.

A 12-hour A.D.A.P.T. course will be held Oct. 7 to 11, 5 to 7 p.m., Monday thru Thursday, and 5 to 9 p.m. on Friday.

Due to processing and limited class space, contact Harry E. Brown, employee assistance professional, 410-278-5319 or Troy L. Denson, prevention coordinator, 410-278-3717, by Oct. 3.

Join the Army Substance Abuse Program at its new location in Aberdeen, building 2477.

Self-referrals are encouraged as well as managerial, command and union referrals.

### Red Cross relocates

The APG Office of the American Red Cross has relo-

cated from building 2477 to Room 111 in building 2752.

It is located next to the Army Community Services building on Augusta Street.

The telephone number remains 410-278-2087.

Hours of operation are 9 a.m. to noon, Monday through Thursday.

### MCSC sells apple pies

The Military and Civilian Spouses' Club begins its annual apple pie sales on Oct. 15.

Each pie will be sold for a \$5 donation.

To place a pie order, call Angie Salamy at 410-272-6712 or Melanie Galingier at 410-273-2476.

MCSC will be assembling pies from 9 a.m. to noon and 1 to 4 p.m. at the AA Chapel on Oct. 15. If you would like to volunteer, call Salamy or Galingier.

### Kirk offers classes

The following classes will be held in the Preventive Medicine conference room (Room A-12), located on the first floor at Kirk U.S. Army Health Clinic.

For more information and to register for classes, call Preventive Medicine, 410-278-1964.

#### Healthy eating

Four two-hour sessions to discuss weight control through healthy eating are scheduled

Oct. 1, 8, 15, and 22, noon to 2 p.m.

All TRICARE beneficiaries with a desire to learn more about healthy eating and parent(s) or sponsor(s) of children with healthy eating concerns may attend.

Participants should bring a calculator to class.

#### Living with hypertension

One two-hour session is scheduled for 10 a.m. to noon on Oct. 15 and Dec. 3 for individuals diagnosed with hypertension who are enrolled in TRICARE.

#### Asthma education overview

This two-hour class from 10 a.m. to noon on Oct. 22 provides an overview of asthma, including triggers that may cause attacks or symptoms, preventing attacks, use of peak flow meter and MDI/spacer, and developing a personal asthma action plan.

All TRICARE beneficiaries with a recent or long-term diagnosis of asthma and parent(s) or sponsor(s) of an asthmatic child are eligible to attend.

#### Tobacco cessation

Four two-hour sessions are scheduled from noon to 2 p.m. on Nov. 5, 12, 19, and 26.

All TRICARE Prime beneficiaries are eligible to attend.

### ABC-C newsletter publishes quarterly

The Army Benefits Center-Civilian, ABC-C, publishes a newsletter that will be e-mailed to all employees quarterly. Its purpose is to provide up-to-date information helpful to employees when using the Army's automated system to manage benefits and entitlements and when planning retirement.

For more information, contact Terri Wright, Civilian Advisory Personnel Center, 410-278-4331.



# Renewed advice provided on school bus safety

**Marguerite Towson**  
*APG News*

With the advent of a new school season comes renewed advice on school bus safety, such as what to do in the event of early school dismissal and bus stop safety.

**Newer equipment**

Several safety additions to school buses have been made over the years, including strobe lights for better visibility in fog or snow; reflective tape; emergency roof hatches; emergency windows; stop arms; and bus drivers having cell phones for emergency use.

Handrails have been changed so there are no sharp crevices to catch book bags or children’s coat strings.

**Traffic safety**

Despite all the safety precautions, a continuous problem that bus drivers face is cars passing school buses when they stop to pick up or drop off students.

The act of illegally passing a stopped school bus with red lights flashing is commonly known as a “stop-arm violation.” This refers to the stop-sign-shaped “arm” that extends from the left side of the bus when the red lights are activated.

Harford County school bus drivers are part

of a program that reorients vehicles that commit stop-arm violations. The license plate information is given to driving instructors at the transportation office who in turn contacts the Harford County Sheriff’s office..

**Early school dismissal**

If Harford County public schools have an unscheduled early dismissal, a bus cannot access an on-post bus stop, or if there is not an adult available to meet young children, the bus



will take the children to the closest APG Youth Center.

Youth Center staff will attempt to contact the parents.

It is imperative that parents

tape a card inside each child’s book bag with the child’s name, address, telephone number and emergency points of contact. The Youth Center staff has no way to communicate with parents if young children arrive at the Youth Center without this information or do not know how to reach their parents.

This only applies during an unscheduled early dismissal or when the bus does not have access to a particular bus stop.

**Safety rules**

According to the Maryland State Highway Administration, the greatest risk is not when riding in a bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children know traffic safety rules.

**Drivers**

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people thinking about getting to school, but not thinking about getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Slow down. Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.
- Learn and obey the “alternately flashing warning light” system that school bus drivers use to alert motorists:
- Yellow flashing lights indicate that the bus is preparing to load or unload children. Motorists should slow down and prepare to stop their vehicles.
- Red flashing lights and extended stop arms indicate that the bus has stopped, and that chil-

dren are getting on or off. Motorists approaching from either direction must wait until the red lights stop flashing before proceeding.

**Rules of safety for children**

- Arrive at the bus stop at least five minutes before the bus is scheduled to arrive.
- To prevent children from being pushed into the path of the bus, or running into the path of the bus, there should be no horse play at the bus stop.
- When the bus approaches, stand at least three ‘giant’ steps (6 feet) away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it’s okay before stepping onto the bus or stepping off the bus.
- If crossing the street in front of the bus, walk on the sidewalk or along the side of the road at least five ‘giant’ steps (10 feet) ahead of the bus before crossing. Be sure the bus driver can see you, and you can see the bus driver.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and book bags with straps don’t get caught in the handrails or doors.
- Never walk behind the bus.
- Walk at least three ‘giant’ steps (6 feet) away from the side of the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.

## Family Child Care welcomes new director



*Penny Branham*

**Beverly Hargrove**  
*FCC*

The Family Child Care Program is pleased to announce the arrival of its new director, Penny Branham.

Originally from Galveston, Ind., Branham made several stops on her way to becoming FCC director at Aberdeen Proving Ground.

She began her career with Family Child Care as an Edgewood provider when stationed here in 1997.

Prior to that, she was the Training and Programming Specialist/Family Child Care Coordinator for Pine Bluff Arsenal, Ark.

Branham spent the last year and a half teaching in Harford County public schools.

Branham said she is looking forward to working with

Aberdeen and Edgewood Area providers.

“Together, we can provide safe, quality, and affordable child care to APG families,” Branham said.

When asked about the future of the program, Branham said she plans to create partnerships with state and local agencies to provide affordable child care to the APG community, increase the number of providers who receive the child development associate degrees and provide opportunities for all providers to receive national accreditation with the Family Child Care Military Home Accreditation Program.

Branham received her bachelor’s degree in elementary education from the University of Arkansas at Pine Bluff and an associate’s degree from Harford Community College in Bel Air.

Branham’s husband is active-duty Army, assigned to the U.S. Army Soldier and Biological Chemical Command Operations Center. They have three children who attend Edgewood Middle School.

For more information about the Family Child Care Program and its vacancies, call 410-278-7477/8720/9832.

## Swan Creek Inn wins Army Lodging’s top award

**Yvonne Johnson**  
*APG News*

The Aberdeen Proving Ground Swan Creek Inn/River Lodge won first place in the 2002 Army Lodging of the Year competition for ‘Large Category.’

The award was announced Aug. 8 and Col. Mardi U. Mark, APG Garrison and deputy installation commander accepted the award during the Morale, Welfare and Recreation Garrison Commander’s Conference in Atlanta, Ga.

“This is Aberdeen Lodging’s second award, winning for the first time in 1998,” said Carol Lamp, Swan Creek/River Lodge manager. “This year’s competition was based on service, operations and facilities.”

As this year’s winner the Army Lodging organization received \$7,500 and an additional cash award for each employee.

On Sept. 23, the staff held a celebration at Top of the Bay to celebrate the accomplishment and to thank each

employee for their contributions. Additionally, each employee was presented with a denim shirt with the Army Lodging logo.

Lamp and Barbara Adams, assistant manager, welcomed the guests to the ceremony including Mark; Joseph Craten, deputy to the garrison commander; Carl Robinson, lodging program manager, U.S. Army Materiel Command; Roy Ballinger, director, Community and Family Activities; Douglas Conley, director, support services, DCFA; Debbie Martin, chief Army Lodging Community and Family Support Center; Jan Morgan, program management analyst operations, CFSC; and Larry Harris, program management analyst plans and policy, CFSC.

“Everyone wants to be a winner, but this year, Swan Creek is the winner,” Mark said.

Martin added that the point totals in scoring were very close, but Swan Creek/River Lodge edged out its opponents.

“A lot of what is done here

is not glamorous or easy and is often not appreciated, but I respect everything you do,” Martin said. “You smile and try to improve everyone’s day and I’m thrilled to be associated with you.”

In appreciation of their performance, each employee was given a denim shirt with an embroidered Army Lodging logo on it.

The staff presented Lamp

with a bouquet of flowers.

“This is the best job I’ve ever had,” Lamp said as she accepted the gift.

APG won the award over six other installations — Fort Campbell, Ky.; Fort Hood, Texas; Fort Monmouth, N.J.; Forts Richardson/Wainwright, Alaska; Vicenza, Italy; and Selfridge Air National Guard Base in Michigan.



Photo courtesy of APG ARMY LODGING  
Col. Mardi U. Mark, center, APG garrison and deputy installation commander, and Debbie Martin, left, chief, Army Lodging U.S. Army Community and Family Support Center, accept the first place check for the 2002 Army Lodging Operation of the Year in the ‘Large Category’ from Brig. Gen. Antonio M. Taguba, right, commander, CFSC.



# The history of Fire Prevention Week

Fire Prevention Week has been a successful public safety campaign for 80 years. The week claims its roots from the Great Chicago Fire, which began on Oct. 8, 1871, causing most of the damage on the following day.

This fire was legendary, killing hundreds of people, leaving tens of thousands homeless, and devouring thousands of structures.

How did the fire start? For a long time, everyone believed that Mrs. O’Leary’s cow kicked over a lamp, setting a barn on fire. But that story has been largely discredited.

While the Great Chicago Fire is certainly one of the most monstrous, so, too is another fire. In Peshtigo, Wis., there was a forest fire that killed more than 1,000 people on the same day in 1871.

On the 40th anniversary of these fires, the former Fire Marshals Association of North America, now known as International Fire Marshals Association, sponsored the first

National Fire Prevention Day, advocating an annual observation as a way to keep the public informed about the importance of fire prevention.

In 1920, President Woodrow Wilson issued the National Fire Prevention Day Proclamation, and since 1922, National Fire Prevention Week has been observed on the Sunday through Saturday period which Oct. 9 falls, keeping in mind that the 9th was the day when most of the fire-damage occurred in Chicago.

The President of the United States has signed a proclamation for a national observance during that week every year since 1925.

Dedicated to raising public awareness about the dangers of fire and how to prevent fire throughout North America, the National Fire Protection Association, the International non-profit fire, building and life safety advocate, began officially sponsoring FPW since the observance was first established.



**The Great Chicago Fire**  
“The Rush for Life Over the Randolph Street Bridge” 1871  
(Harper’s Weekly, from a sketch by John R. Chapin)

## Fire

From front page

event of a fire, Aberdeen Proving Ground will join other fire departments during National Fire Prevention Week by conducting unannounced fire drills throughout the Aberdeen and Edgewood areas.

Most building occupants think that their fire alarm system is connected directly to the fire department. This is only true for a portion of buildings on this installation.

People need to be reminded that anytime the fire alarm is activated, someone needs to dial (911) and report the activation.

Building occupants may be familiar with the sound of the fire alarm, but they may not be familiar with or know an alternate way out of their building.

“We want to make sure that it doesn’t take magic to get out of a burning building, and the only way to know is to practice fire drills,” Fournier said. “It could very well be the change that saves your life.”

During National Fire Prevention Week, we are reminded to change the batteries in all smoke detectors when changing clocks back one hour this fall. This is also recommended when changing clocks to spring forward.

Practice fire prevention every day of the year.

## TRICARE Prime enrollees can pay fees online

Ann Ham

DoD TRICARE Northeast Public Affairs

TRICARE beneficiaries already enrolled in TRICARE Prime in the Northeast Region (Region 1) can pay their enrollment fees online.

Sierra Military Health Services, Inc., the region’s managed care support contractor, has in place a safe, secure, easy-to-use system to pay fees online by credit card.

“We continue to explore ways to make enrollment in TRICARE easy and convenient for our beneficiaries. The new online payment option accomplishes both objectives,” said Sierra’s Chief Operating Officer Keith Vander Kolk.

Detailed instructions for filling out the pay online form are available on the SMHS Web site <http://www.sierramilitary.com/>.

An announcement regarding the new feature, entitled “Convenience at your fingertips,” appears on the first screen when the site opens. Users may also click on the Enrollment button to access the same information.

Not only is paying online quick and easy, but also the beneficiary can print out a receipt with confirmation that the enrollment fee has been paid.

This online payment option is just one more way to help enrolled Prime beneficiaries assure their payments get to SMHS and their enrollment status remains active.

Retired beneficiaries must already be enrolled in Region 1 to use the online payment plan.

## Call of the Guardian

I rise as a guardian of the night and see the light of the fire.  
I race through the streets of the sleeping city  
Toward a beckoning fervent beast waiting in malevolent flames.

I arrive and my heart is seized by the swiftness of the fury and the anguish.  
The fire breaches the darkness with a light  
Both savage and sublime, as fiery fingers reach and scratch at the blackening sky.

I push out the borders of fear; away with the voices of doubt.  
With ladder and line and a fervid heart,  
With purpose and push, I force myself into a voracious red wind.

I dive forward into darkness beneath the erupting ash  
And give myself to the infinite void;  
Into halls black with death and red with rage.

I reach with a desperate hand across the narrowing divide  
Between the dying and the dead  
And take from there what that red beast can never claim.

I carry my fallen brethren into the awaiting arms of Hope.  
I lie the lifeless ones down,  
Surrendering them to God and wonder of His Way.

I stand upon the smoldering remnants of evil’s effort  
Both victor and vanquished, as the soot and

the steam  
Rise around me like the vestiges of a breath long expelled.

I am weary of body and never far from death but life is my calling  
And I hearken to its’ voice everywhere,  
Never to leave unheard the cries of the daunted and the desperate.

I stand steely tall along the sad blue line  
As those who gave with greater love  
Pass highly by, below the echoes of melancholy strains.

I return through the haze of a city dawn and ride through the days.  
And tomorrow and tomorrow I will stand this watch,  
Ever aware, ever vigilant, waiting for a distant toll to call me.

O, I ride as a guardian of the night, toward the far away glow  
Of my destiny, dauntless, duty bound,  
Endeavoring to a life fully-lived within the grasp of mortality.

And when my watch is over; when my tour is ended  
And I am finally called home  
To the embrace of my gentle guardian, I will ride again.

Racing through the heavens, oh so swiftly  
For I will ride there in glory,  
With angels’ escort, aboard a screaming red chariot of honor.

Lt. Robert E. Higgins, FDNY

## Shinseki

From front page

the leading edge.”

The program included instrumental music by the Woodwind Trio of the 389th Army Band (AMC’s Own), and vocal selections by Sandy Nook, accompanied by Mildred Myers.

Offering prayers and reading Biblical selections of comfort and guidance were chaplains Col. Larry Robinson, Lt. Col. Kenneth Kolenbrander, and Maj.’s Lee Vermont, Steve Russ, Joseph DiGregorio, and William Liptrot Jr.

# Sports & Recreation

## MRICD halts Company C, 143rd, 25-6



MRICD’s Brandon Heard, 20, scrambles for a first down, hotly pursued by team mate Wes Holmes, 2, and Company C, 143rd defender Chris Coleman, 29, during Edgewood Division intramural flag football action, Sept. 30.

Story and photo by  
**Yvonne Johnson**  
APG News

Looking to rejuvenate its slow start, the U.S. Army Medical Research Institute for Chemical Defense logged its second win of the intramural flag football season, pounding Company C, 143rd Ordnance Battalion 25-6 in their Sept. 30 Edgewood Division match-up.

“So far, we’re not doing too well, but we’re having fun,” MRICD Coach Brian Logue said early in the game.

Made up of players from MRICD, the 520th Theater Army Medical Laboratory, the U.S. Army Technical Escort Unit, and one player from the Maryland Army National Guard, the team sometimes has problems fielding enough players, Logue said.

“We have a full lineup tonight so things look good,” he added.

MRICD, guided by Logue at quarterback, struck early, scoring on its first drive. Recovering a bad snap at the line of scrimmage, MRICD running back Brandon Heard, MDARNG, ran the ball from the 25-yard line to the 10 for first and goal. After two incompletions, Logue ran it in himself for the six, and then completed a pass from the three for the extra point and a 7-0 lead.

In its first drive, Company C, 143rd went three and out and was forced to punt it back.

It was a little tougher on the MRICD second drive as back- to-back false start penalties pushed them back into their own territory despite an impressive reception inside the 20 by receiver Stanley Singletary, 520th TAML.

Company C, 143rd Coach Angelo Pennyamon said his team was having fun despite the setbacks.

“It’s all about having fun,” Pennyamon said. “They’re thinking positive and they won’t be quitting.”

Led by quarterback Shawn Carr, the team went for it on fourth down and converted, but the team had no answer for the stiff MRICD defense and two incompletions left them scoreless at the 2-minute warning.

The score remained 7-0 at the half.

MRICD picked up where it left off in the second half with receiver Bryon Pieper catching two key receptions for touchdowns and a mobile John Montes leading the defense. Montes racked up two interceptions during the game, running in one for two touchdowns, one of which was called back due to a penalty.

Company C, 143rd’s shining moment came on its next possession, when Carr

ran the length of the field to score on a fourth down.

Unfazed, MRICD answered with touchdown runs by Pieper and Montes to close out the game, 25-6.

Logue said that finally being on the winning side was just what the team needed.

“It felt good. We worked together and had a good combination going tonight,” Logue said.

“I felt good all night,” Pieper said of his winning performance adding that his long run was “planned and perfectly executed.”

Montes added that he stays motivated on defense, looking for every opportunity.

“I saw the receiver slip, the ball was up and I just went after it,” he said of the interception.

Tired, but happy with a chance to contribute, Heard said he was just happy to be on the team.

Called to active duty in the Edgewood Area National Guard Armory, the Bel Air native said he was grateful to the APG sports office for allowing him to play.

“I am absolutely enjoying myself,” Heard said. “I feel fortunate to be out here making friends and helping this team. I couldn’t ask for anything more.”

### FOOTBALL UPDATE



|   |  |     |
|---|--|-----|
| The following results were reported for intramural flag football for the week ending Sept. 27. Aberdeen Division results and standings were unavailable at press time. Updated results will appear in next weeks’ APG News. |  |     |
| <b>American Division</b>  |  |     |
| <b>Schedule</b>   |  |     |
| Oct. 7  |  |     |
| 6:30 p.m., USAF vs. Company C 16th  |  |     |
| 7:30 p.m., HHC 16th vs. NCOA  |  |     |
| Oct. 8  |  |     |
| 6:30 p.m., USAF vs. Company A 16th  |  |     |
| 7:30 p.m., Company C 16th vs. USMC  |  |     |
| 8:30 p.m., Company B 16th vs.   |  |     |
| Company E 16th  |  |     |
| Oct. 9  |  |     |
| 6:30 p.m., HHSB vs. HHC 61st  |  |     |
| 7:30 p.m., Company B 16th vs. Company A 16th  |  |     |
| <b>Edgewood Division</b>  |  |     |
| <b>Results</b>  |  |     |
| Sept. 23  |  |     |
| Company B 143rd, 6; MRICD, 0  |  |     |
| HHC 143rd, 7; Company C 143rd, 6  |  |     |
| Sept. 25  |  |     |
| HHC 143rd, 28; MRICE, 7   |  |     |
| Company B 143rd, 19; Company A 143rd, 15  |  |     |
| <b>Schedule</b>   |  |     |
| Oct. 7  |  |     |
| 6:30 p.m., Company A 143rd vs. MRICD  |  |     |
| 7:30 p.m., Company B 143rd vs. Company C 143rd  |  |     |
| Oct. 9  |  |     |
| 6:30 p.m., MRICD vs. Company B 143rd  |  |     |
| 7:30 p.m., Company C 143rd vs. HHC 143rd  |  |     |
| <b>Standings</b>  |  |     |
| HHC 143rd   |  | 5-0 |
| Company A 143rd   |  | 3-2 |
| Company B 143rd   |  | 3-2 |
| MRICD   |  | 1-4 |
| Company C 143rd   |  | 1-4 |

## Workforce Flag Football Challenge to be held on Nov. 1

Community Recreation Division will hold a Workforce Flag Football Challenge, Nov. 1, 9 a.m. to 5 p.m., at Shine Sports Field. This tournament is open to all Aberdeen Proving Ground organizations.

“Look around the office, put the best team together and join the first ever APG Workforce Flag Football Challenge,” said Stacie Umbarger, event coordinator.

All teams are guaranteed three games, and a celebration picnic is included on-site after the championship game.

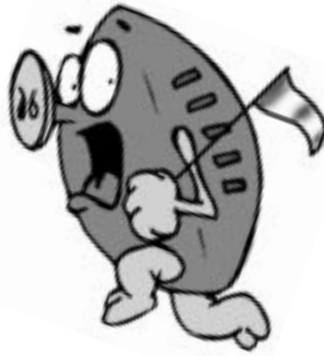
Rules are available upon request and/or provided when registering.

Register by Oct. 25 at the Aberdeen Area Athletic

Center, building 3300, 410-278-7934, or Information, Ticketing and Registration office, building 3326, 410-278-4907.

Cost of the challenge is \$150 per team (12 member roster), or \$12.50 per person with a full roster for a day of fun.

For more information, contact Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apg.ar my.mil.



### CFC

From front page

This year’s print depicts a lighthouse by the Chesapeake Bay.

The other levels of donors and gifts include: the Falcon level — donors of \$500 to \$999 receive a CFC canvas bag; the Raven level — for donations of \$250 to \$499, donors receive a CFC soap-stone coaster, and contributors at the Oriole level of \$100 to \$249 will receive a CFC road atlas pocket map.

In response to requests from retirees and contractors, CFC will allow anyone not a federal employee or active duty military to contribute to their favorite charity by contacting an organization CFC key worker, by coming by the APG CFC office, building 3321, 2nd floor, Room 7, Raratin Road, or by calling Melda Callender, vice-chairperson, or Gary Pitts, administrative assistant on 278-3131/3292/9451 or e-mail melda.callender@usag.apg.ar my.mil.





Letters From the Front performances

APG will host two free performances of Letters From the Front World War II. The first performance will be open to the general public on Oct. 3, 5 p.m. and the second performance for active duty military only will be Oct. 4 at 7 p.m. at the Post Theater. For more information, call Earlene Allen, 410-278-3854 or visit [www.letters-from-the-front.com](http://www.letters-from-the-front.com).

Fall Dance and Fashion Show

Enjoy an evening of dance and entertainment, while being dazzled by the latest in East Coast fashions, Oct. 5, 9 p.m. to 2 a.m. at the AA recreation Center. Dress to impress, black tie permitted.

Purchase tickets by Oct. 4 at the AA Recreation Center. Cost is \$20 in advance and \$25 at the door. Hot buffet dinner includes fried chicken, potato salad, string beans, rice pilaf, assorted cakes and non-alcoholic drinks. Pay as you go bar will be open from 9:30 until closing. The Charm City dancers will provide demonstrations/lessons. For more information, call Earlene Allen at 410-278-3854 or e-mail her at earlene.allen@usag.apg.army.mil.

Rocktoberfest Golf Tournament

The Rocktoberfest golf tournament tee off is at 8:30 a.m., Oct. 18 at Ruggles Golf Course. A \$30 registration fee for members includes cart, greens fee, prizes, and food and beverage tickets for the Rocktoberfest at Maryland Boulevard Picnic Area. For non-members the fee is \$50. Register by Oct. 9. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.edie@usag.apg.army.mil.

After the tournament, join the Rocktoberfest and spend the rest of the day drinking the finest German beer and dancing to live music.

Sign up for the Oct. 25 Starry Starry Night Golf Tournament at the time of registering for the Rocktoberfest Golf Tournament and the total rate is \$50 for members and \$85 for non-members.

Beginner’s Bridge Class

To help develop the skills necessary to enjoy the game of bridge, a beginner bridge class runs Oct. 8 through 29 at AA Recreation Center from 7 to 8 p.m. Meet friends and learn a new game. Cost is \$15 per person. Register at AA Recreation Center. For more information, call Charles Heinsohn at 410-278-3868 or e-mail charles.heinsohn@usag.apg.army.mil.

Manicure Workshop

Learn the tricks of the trade to do manicures at home Oct. 15, 6:30 to 8 p.m. at the AA Recreation Center. This hands-on workshop teaches basic manicure step by step procedures. Cost is \$25. Register by Oct. 8 at the AA Recreation Center. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.edie@usag.apg.army.mil.

Aerobics to maintain health

New exercise guidelines issued by the Institute of Medicine, the medical division of the National Academies recommend that in order to maintain good health and a normal body weight, the body needs exercise at least one hour a day, four to five times a week.

To help achieve these standards, APG Health & Fitness along with Hoyle Health & Fitness Center offer a wide variety of aerobic classes. Classes are designed to meet the Institute of Medicine Standards that require one hour of continuous activity. Classes meet Monday through Friday, 11:30 a.m. to 12:30 .pm., Monday through Thursday, 5 to 6 p.m., and Saturday, 9:15 a.m. For more information, call the AA Health and Fitness Center at 410-278-9725/9759 or the Hoyle Health and Fitness Center at 410-436-7135/7134.

Tai Chi classes

Discover the ancient form of martial arts that teaches the integration of the body, mind and spirit using breathing and balance to relax and renew the mind and soul. Dr. Rocky Farley will teach Tai Chi martial arts classes Oct. 7 to 30, 11:30 a.m. to 12:30 p.m., Monday and Wednesday, at the AA Youth Center, building 2522; and Oct. 8 to 31, 6 to 7 p.m., Tuesday and Thursday, at the EA Fitness Center, building E-4210. Register at the APG Athletic Center, building 3300; the EA Fitness Center; or the AA Fitness Center, building 320. Participants must be 18 years of age. Cost for the Tai Chi classes is \$40, or \$100 for three consecutive months.

For more information, call Stacie Umbarger, 410-278-3931, or send e-mail to Stacie.edie@usag.apg.army.mil.

Bowling Center specials for October

Oct. 4: Wanted: all Military E1’s to E4’s, 9 p.m. to closing when all games will cost \$1.50.

Oct. 13: Cosmic Scotch Doubles Tournament begins at 3 p.m. for \$8 per person. Prize fund is based on total entries. Sign up at 2:30 p.m.

Oct. 16: \$.50 Bowling Night, when all open bowling costs \$.50 per game, shoe rental \$.50 per pair, and hot dogs and sodas are \$.50 ea. Other snack bar specials include imported beer \$2, regular beer \$1.75 and beer on tap \$1 per cup.

Oct. 18: Special Cosmic Bowling Night, 9 p.m. to closing, includes all open bowling for \$2 per game. Rent shoes for \$1 per pair.

Oct. 21 to 25: Red Pin Special runs 1 p.m. to closing, Monday through Friday.

Oct. 27: Cosmic Halloween Special 8 Pin No-Tap Tournament includes cash prizes based on total entries. Cost is \$7 per person. Sign-up begins at 2:30 p.m. and bowling begins at 3 p.m. A prize will be awarded for the best costume.

Rocktoberfest

Join MWR for the first annual Rocktoberfest, Oct. 18, at the Maryland Boulevard Picnic Area from 11 a.m. to 11 p.m.

There will be a variety of activities, contests, and entertainment including a DJ, Volksmarch, two live rock bands, Star Belly and Blue Steele; golf and bowling tournaments; and children’s games. German food and a seafood raw bar will be avail-



able. Admission is free. For more information, call Chris Lockhart at 410-278-3904 or e-mail her at chris.lockhart@usag.apg.army.mil.

Bowling standings

Wednesday Night Mixed League Women’s High Game Scratch

Renee Johnson, 202  
Ann Thacker, 186

High Series Scratch

Renee Johnson, 497  
Ann Thacker, 480

Men’s High Scratch

Bob Shimek, 202  
Darryl Stewart, 202

Men’s High Game Scratch

Jess Cons, 603  
Darryl Stewart, 516

Thursday Night National Guard Mixed league Women’s High Game Scratch

Lucy Montanez, 191  
Fay Christy, 186

High Series Handicap

Netty Kerner, 705  
Eleanor Reisler, 646

Men’s High Scratch

Mill Morton, 201 M  
Michael Murphy, 200

Men’s High Game Handicap

Phillip Murphy, 748 C  
Cal Adams, 663

Later this month look for APG MWR’s new Web site at [www.apg.mwr.com](http://www.apg.mwr.com).



Better than lunch

Photo by SHEILA LITTLE

Wayne Parker, a certified massage therapist, treats Earlene Allen of Morale, Welfare and Recreation, to a sample of the 15-minute massages being offered through Aberdeen Proving Ground’s MWR. A pre-view of the lunchtime massage was just one of the benefits offered at MWR’s Fall Expo, held Sept. 19 at the Edgewood Area Recreation Center. For information on arts and crafts, sports offerings, special deals on rentals and tickets for special events, call Allen at 410-278-3854, or e-mail earlene.allen@usag.apg.army.mil.



# Community Notes

**FRIDAY  
OCTOBER 4  
COUNTRY HOE DOWN**

The Harford County Country/Western Dance Association, a non-profit organization, sponsors country western dancing the first Friday of the month at the American Legion located on Parke Street in Aberdeen. Dancing is held from 7:30 to 11:30 p.m. Everyone is welcome. Cost of admission is \$8 and includes draft beer, soda, chips and pretzels.

For more information, call 410-272-8318.

**SATURDAY  
OCTOBER 5  
WACVA CHAPTER #70 MEETING**

The Women's Army Corps Veterans' Association, Maryland Free State Chapter #70 will hold its monthly meeting 10 a.m. at the Aberdeen Senior Center.

The agenda includes planning for Veterans' Day activities and the Christmas project for hospitalized veterans at Perry Point.

WACVA Chapter #70 is dedicated to improving the lives of local veterans, regardless of branch. All women who have served or are serving in the Regular Army, National Guard and Reserve, Women's Army Auxiliary Corps, Women's Army Corps, and Army Nurse Corps are welcome to sit in on meetings to see what the chapter is about. Also welcome as prospective associate members are women of the Navy, Marines, Air Force and Coast Guard.

For more information, contact Sheila Smith, president, at 410-273-1687.

**BASKET BINGO**

Basket Bingo to benefit the Susquehanna Shrine Club will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5.

For tickets, call Tesha Wright, 410-836-3619 or Doug, 410-557-8529.

**WEDNESDAY  
OCTOBER 9  
DAV BEL AIR CHAPTER 30 MEETING**

The DAV Bel Air Chapter 30 will meet at 7 p.m. at the Veterans of Foreign Wars Hall, 303 S. Atwood Road.

For information and transportation, call 410-838-8325 or 410-879-0861.

**THURSDAY  
OCTOBER 10  
UMUC EXCEL ORIENTATION**

The University of Maryland University College will hold an EXCEL orientation from 4 to 6 p.m., building 3146. Earn credit for college-level knowledge acquired through work and life experiences with the University of Maryland University College EXCEL program.

Students admitted to the UMUC EXCEP program enroll in a course that requires them to document their learning in a written portfolio. Faculty members then evaluate the portfolio for possible credit.

For more information, call UMUC's APG office at 410-272-8269 or 410-278-4632.

**FRIDAY  
OCTOBER 11  
BASKET BINGO**

Basket Bingo to benefit North Harford High School Junior Varsity/Varsity Baseball will be held at the North Harford High School, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5.

For tickets, call Tesha Wright, 410-836-3619.

**SATURDAY  
OCTOBER 12  
BASKET BINGO**

Basket Bingo to benefit the Good Shepherd Catholic School will be held at the school, 810 Aiken Ave., Perryville, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5.

For tickets, call the Good Shepherd School, 410-642-6265 or Brenda Conjour, 410-273-7332.

**TUESDAY  
OCTOBER 15  
OCTOBERFEST SPECIALTY MEAL**

The annual Octoberfest Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4219 and 4503, and Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.25 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilian, retiree and their guest. The discount meal rate of \$2.80 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Octoberfest specialty month menu includes old fashioned bean soup, pork schnitzel, sauerbraten, Hamburg style flounder, baked knockwurst, baked bratwurst, roast pork w/ sauerkraut, parsley buttered potatoes, hot German style potato salad, fried cabbage, seasoned carrots, brown gravy, cole slaw with creamy dressing, German style tomato salad, assorted breads, carrot cake, snickerdoodle cookies, blackforest cake, soft serve ice-cream, tea, milk and soda.

Note: Menu is subject to change without prior notification.

For more information call the Installation Food Service Office at 410-306-1392/1393/1397/1398.

**FRIDAY  
OCTOBER 18  
BASKET BINGO**

Basket Bingo to benefit the John Archer School Family

Fund will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5.

For tickets, call Dotti Kirk, 410-642-6468, or Brenda Conjour, 410-273-7332.

**SATURDAY  
OCTOBER 19  
FAMILY FUN FEST**

Child and Youth Services is sponsoring a Family Fun Fest, 3 to 6 p.m. at the Aberdeen Area Youth Center, building 2522. Members and non-members of all ages from AA and EA and their parents are invited to attend. Activities include parent and child contests, arts and crafts, pool tournament, give-aways, door prizes, food and computer games.

For more information, call 410-278-4995.

**TUESDAY  
OCTOBER 22  
LIONS CLUB HOSTS SPAGHETTI SUPPER**

The Aberdeen Lions Club will host their annual Spaghetti Supper at the Aberdeen Middle School, 4:30 to 7 p.m. Carry-out will be available at 3 p.m. Proceeds will benefit the Aberdeen Middle School.

Club members are selling tickets for \$6.50 in advance for ages 13 and up (\$7 at the door) and \$5 for ages 6 to 12 (\$5.50 at the door). Children 6 and under are free. Meal includes all-you-can-eat salad, spaghetti, and drinks. For tickets, call 410-272-3294.

Also enjoy delicious homemade baked goods from the Aberdeen Lioness Club bake sale, which supports community service projects.

**FRIDAY  
OCTOBER 25  
BASKET BINGO**

Basket Bingo to benefit TEAM Diabetes will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5.

For tickets, call Kim Kroening, 410-994-0446, or Virginia Davis, 410-273-7110.

**SATURDAY  
OCTOBER 26  
HOME OWNERSHIP SEMINAR**

Home Partnership, Inc., a nonprofit agency dedicated to home ownership, will sponsor a one-day seminar from 9 a.m. to 3 p.m. at AMES United Methodist Church, 112 Belair Road, Bel Air. Lunch will be provided.

Registration is required to attend; call 410-297-6700.

**FRIDAY  
NOVEMBER 1  
BASKET BINGO**

Basket Bingo to benefit the Aberdeen Lioness Club will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10; additional sets cost \$5. For tickets, call Sandy Pierce 410-273-7184.

**FRIDAY AND SATURDAY  
NOVEMBER 1 and 2  
2002 SOLDIER SHOW COMESTO APG**

Aberdeen Proving Ground Morale, Welfare and Recreation will host three performances of the U.S. Army Soldier Show, at the post theater, building 3245. This year's performance is entitled "Freedom Is Not Just a Word."

The Nov. 1 performance begins at 7 p.m. and is open to the general authorized public (Department of Defense civilians, contractors, retirees and their family members only.)

The Nov. 2 performances are at 2 p.m. and 7 p.m. and are only offered to active duty soldiers. There is no charge to attend.

**SATURDAY  
NOVEMBER 9  
CRAFTERS WANTED FOR HOLIDAY BAZAAR**

Crafters are needed for the holiday bazaar at Prince of Peace Church, 2600 Willoughby Beach Road, Edgewood, 9 a.m. to 3 p.m. To reserve a space, call Dawn at 410-676-7785.

## APG SCHOOL LIAISON UPDATE

**MCEC**

A resource for parents and teachers, the Military Child Education Coalition is a nonprofit organization that seeks partnerships and provides for networking of military installations to address transition and other educational issues related to the military child. Visit MCEC at [www.militarychild.org](http://www.militarychild.org).

**COLLEGE RESOURCES**

For parents -- "TheYOU CAN Guide to Financing Your Education" is available at the Army National Guard Web site [www.1-800-GO-GUARD.com](http://www.1-800-GO-GUARD.com). For students and parents -- [www.collegeboard.com](http://www.collegeboard.com), a handy-informative pocket

resource called 'Make The Right Moves For College,' contains information about SAT test dates and registration, useful monthly tips for juniors and seniors preparing for college, and advice on how to pay for college. Order a resource card today on-line.

The Federal Children's Scholarship Fund helps federal and military families build America's future. For information about types of college scholarships and procedures for application and a current handbook guide, visit [www.FEDscholarships.org](http://www.FEDscholarships.org).

## MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50  
Building 3245 Aberdeen Boulevard



**SERVING SARA**

**Friday, Oct. 4, 7 p.m.**

Starring: Elizabeth Hurley, Matthew Perry

When Sara (Elizabeth Hurley) is served divorce papers while she is in New York, she is stunned. Not about to lose the fortune she amassed with

her self-serving Texas husband, she makes an offer to her process server, Joe (Matthew Perry) that sets them off on a wild trip across the country. (Rated PG-13)



**XXX (FREE ADMISSION)**

**Saturday, Oct. 5, 7 p.m.**

Xander "XXX" Cage is your standard adrenaline junkie with no fear and a lousy attitude. NSA Agent Gibbons "recruits" him to go undercover and infiltrate a Russian crime ring. If he refuses, he will be sent to jail. His mission is to gather information on an organization that may just be planning the destruction of the world, led by the nihilistic Yorgi. (Rated PG-13)

**SIGNS**

**Saturday, Oct. 5, 9 p.m.**

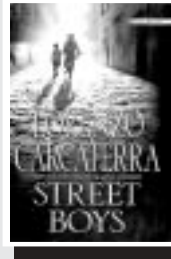
Starring: Rory Culkin, Mel Gibson



In Bucks County, Pa., a 500-foot crop circle is found on the farm of Graham Hess, the town's reverend. The circles cause a media frenzy and tests Hess's faith as he journeys to find out the truth behind the crop circles. (Rated PG-13)

## LIBRARY BOOK CORNER

The APG Garrison Library has the following books for your reading pleasure:



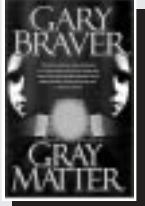
**Street Boys** by Lorenzo Carcaterra.

Children, some as young as 10, take on the German army of World World II, armed with a handful of guns, unexploded bombs, and their own ingenuity. Fighting alongside them is Corporal Steve Connors, a soldier sent out on reconnaissance, now cut off from his comrades and thrown into the fray.



**The Second Coming of Lucy Hatch** by Marsha Moyer

**Gray Matter** by Gary Braver



**Alternate Generals II** edited by Harry Turtledove

**China Run** by David Bell



**Echoes of a Distant Summer** by Guy Johnson

**The Grave Maurice** by Martha Grimes



To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-4991.

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.\

The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

## OC&S LIBRARY

The Ordnance Center and Schools Library is located in the basement of building 3071.



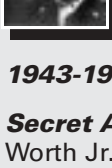
**Citizen Soldiers** by Stephen E. Ambrose

**Handbook of the Nations, 20th ed.** by U.S. Central Intelligence Agency

**Publication Manual of the American Psychological Association** by the American Psychological Association

**America's First Black General, Benjamin O. Davis, Sr., 1880-1970** by Marvin E. Fletcher

**A Command Post at War, First Army Headquarters in Europe, 1943-1945** by David W. Hogan Jr.



**Secret Allies in the Pacific** by Roland H. Worth Jr.



The OC&S Library hours are Monday, noon to 4:15 p.m., Tuesday through Thursday, 7:30 a.m. to 4:15 p.m. and Friday, noon to 4:15 p.m.





A wall display created for the Edgewood Chemical Biological Center employee recognition ceremony by U.S. Army Soldier and Biological Chemical Command graphic artist Jerry Arnold depicts the famous photograph of New York City firefighters raising the American flag, 9-11 victim Willie Troy, the SBCCOM crest, and words praising the efforts of employees who have aided the country and the command in the wake of Sept. 11: “In recognition for outstanding performance.” The wall stood on display in the U.S. Senate office building the week after the Sept. 12 ceremony.

# ECBC recognizes its most noble

Story and photo by  
**Yvonne Johnson**  
APG News

The staff and employees of the Edgewood Chemical Biological Center paused on Sept. 12 to reflect and remember both those who were lost on Sept. 11 and those who have excelled in helping the nation confront the climate of unrest since then.

ECBC Technical Director Jim Zarzycki led the recognition ceremony in the Berger Laboratory cafeteria that included the dedication of a plaque to Willie Q. Troy, who was killed in the attack on the Pentagon, and to several ECBC employees who traveled to Afghanistan in support of American troops engaged in operations Enduring Freedom and Noble Eagle. Troy was the husband of former ECBC employee Judy Troy.

Zarzycki said the ceremony was held one day later in deference to other memorial programs the day before.

“Today, we will take time to reflect, remember and recognize members of ECBC who took part in helping to take

care of our country,” Zarzycki said.

Col. Larry Robinson, U.S. Army Soldier and Biological Chemical Command chaplain, delivered an invocation expressing gratitude for the commitment and dedication exhibited by ECBC employees in the wake of 9-11.

“We pause as an organization to let them know their efforts, talents and skills have made a difference in our world,” Robinson said.

Donna Connella, ECBC business development team, introduced a video montage, depicting distinguished visitors who have visited ECBC to observe its role in homeland defense since 9-11. In it, visitors such as E.C. “Pete” Aldridge, Under Secretary of Defense for Acquisition, Technology and Logistics; Maryland Senator Barbara Mikulski; Army Secretary Thomas White and Gen. Paul Kern, commander, U.S. Army Materiel Command, interacted with ECBC personnel as they learned about the organization’s role.

Zarzycki commended the montage, noting that his only regret was that only about 25 employees appeared in it.

“The entire workforce has contributed in the last year, one way or another in the war against terrorism,” Zarzycki said.

He credited Mikulski with “telling the ECBC story,” and noted that the 9-11 display that was designed for the program by SBCCOM graphic artist Jerry Arnold would be displayed in the Senate office building the following week.

“ECBC has performed about 100 separate projects since 9-11,” Zarzycki said. “As the anniversary got closer, I felt we needed to make a record of that as a way to demonstrate the diversity of the kinds of things we do. We are proud of all of you and thankful for your hard work.”

John Kovac, acting chief, ECBC Business Management Division, led the presentation of the Troy plaque, which was accepted by Virginia Coats, Resource Management, and a Judy Troy co-worker.

“This act of terror forever changed Judy’s life and the lives of the people who knew her,” Kovac said.

Mike Parker, SBCCOM deputy to the commander, assisted Zarzycki in awarding certificates of appreciation to ECBC personnel. The awardees included Dr.

Dennis Reuter, chief, Forensic Analytical Center, Chemists Dr. Lynn Huffland, and Earl Austin, Forensic Analytical Center; Donald Curtis, contracting officer, Biological Integrated Detection System BIDs vehicle; Elaine Neary, BIDs fielding support engineer; and Jeffrey Stricker and Janet Bzrenski, chemists.

The awardees have served in Afghanistan and Uzbekistan and at internationally recognized events such as the Salt Lake City Olympics and at the Super Bowl, Parker noted.

“Today we think about the important contributions ECBC has made to our country,” Parker said.

He added that present day employees should also remember past leaders and trailblazers who led the way during the organization’s 85-year history.

“We should also reflect back and think of predecessors who provided opportunities over the years,” he said.

Zarzycki thanked the business development team and Eva Mims, secretary, for putting the program together.

## Exercise, diet can prevent onset of osteoporosis

SMHS

Osteoporosis is a disease that causes bones, especially in the hips, spine and wrists, to become so weak that they break.

This disease affects more than 10 million Americans. An alarming one out of two women and one out of eight men over age 50 will suffer a fracture related to osteoporosis during their lives. Women are especially at risk if they have a family history of the disease, have gone through menopause or have a small body frame.

As people age, the risk of osteoporosis increases because bone begins to break down and cannot be

replaced as quickly.

Smoking, too little exercise and a diet low in calcium and vitamin D increase the risk of osteoporosis.

Fortunately, there are methods that lessen the chances of osteoporosis.

To help your body fight bone loss, eat a diet rich in calcium and vitamin D and get plenty of exercise.

Dairy products, canned fish and dark green vegetables are great sources of calcium. Foods that are rich in vitamin D, such as eggs, fatty fish and cereal, help the body absorb calcium. Walking is the best form of exercise for preventing osteoporosis. Remember to check

with a doctor before beginning any new exercise plan or before changing a diet.

For more information about osteoporosis, call the 24-hour Health Care Information Line, 1-800-308-3518, for help. The line is staffed by registered nurses who can help determine the non-emergency or self-care needed and can provide information on health issues.

*(Editor’s note: Sierra Military Health Services, Inc., the TRICARE administrator for TRICARE Northeast, presents this information courtesy of the National Institute of Health.)*

## TIM

From front page

“This should assist us in providing infrastructure maintenance and support at a standard level across the Army,” Mark said. “Next year the system will be established and benefits should be seen after that.”

The outcome is expected to be soldiers better trained for their mission, improvement in well-being programs, and better workplace and living conditions on post, Sakowitz said. He added that installation management will also be held to an accountable standard.

“All soldiers have a standard operating procedure for doing their job — the Army didn’t have one,” Sakowitz said. “We hadn’t been training to any standards in installation management. However, we have 95 base-operation services, examples are: childcare centers, dining facilities and gyms. We’re going to write an SOP for all of them.”

As an example of consistent base operations throughout the Army, Sakowitz talked about gym improvements. He said plans are currently being written to have all gyms in operation for 90 hours a week. The square footage of the gym will be based on the installation’s population, and all programs run by the gym, such as

intramural teams, will be under the same guidelines.

Change will not happen overnight, Sakowitz said. It is expected to take about a year before all standard operating procedures are written.

Soldiers should start to see upgrades in their living quarters and where they work in fiscal year 2003, but most changes won’t take place until the 2004-2005 timeframe, he said.

Mark said she is eager to see the funding for improving the living standards for soldiers on APG, however, she has not received any indication that there will be an increase in APG’s base operations account in fiscal year 2003..

Among the changes the Army will undergo under IMA, will be the elimination of borrowed military personnel, Sakowitz said.

“Soldiers who work at the gym and basic trainees who pull KP [kitchen-patrol] duty are examples of borrowed military personnel,” Sakowitz said. “Most of the time we don’t have the funds to man those facilities, so we pull soldiers out of training.”

Mark said no borrowed military manpower is used in the dining facilities at APG, and added that although some soldiers are pulled for ceremonial details, the installation tries to keep such details to a minimum.

“We are very sensitive about taking

soldiers away from their primary mission,” she said.

The IMA is being run by Maj. Gen. Andy Aadland, the former commanding general for the Maneuver Support Center, Fort Leonard Wood, Mo. He also heads up the IMA regions. Headquarters for the seven regions are located at Fort Monroe, Va.; Fort McPherson, Ga.; Rock Island Arsenal, Ill.; Fort Sam Houston, Texas; Heidelberg, Germany; Fort Shafter, Hawaii, and Yongsan, Korea.

The Northeast Region Office of the IMA, which APG comes under, is at Fort Monroe.

“Diane Devens has been appointed the Northeast Region director and will be my direct boss. Maj. Gen. John C. Doesburg will remain the installation commander,” Mark said.

“There are a lot of people who are confused by the IMA regions,” Sakowitz said. “They think that we are going from 14 major commands to seven regions. We’re going from 14 to one. It’s not central unless you go to one.”

The MACOMS, such as Forces Command and Training and Doctrine Command, will no longer be the sole management authority for installations.

MACOM commanders will still be engaged in installation matters, as six of the commanders will represent all MACOMS and sit on a newly established installation management board of direc-

tors, Sakowitz said. However, the MACOM commanders will not be involved in day-to-day operations, he said.

Not only will IMA be taking care of people, but managing all installations under one umbrella will enable the Army to capitalize on bulk purchasing to save money.

In an address given within the last year, Secretary White said that the Army has 300-plus separate contracts with Microsoft.

“That’s an inefficient use of money,” Sakowitz said. “In the future, one contractor could serve all the Army’s state or regional supply and utility needs, and the money saved can go back into well-being programs for the community.”

Just as transformation on the tactical side is developing in stages, TIM will change the Army at a slow but steady pace, Sakowitz said, adding that the changes, although slow, are necessary and should be for the better.

“I believe in my heart this is good for the Army,” he said.

“The IMA should be great for the garrisons, as we will get to interact more frequently between installations, and share knowledge and best practices,” Mark said.

*(Editor’s note: This localized version is based on a story by Staff Sgt. Marcia Triggs, Army News Service.)*





# National security, economy inseparable

Joe Burlas

Army News Service,

National security and the nation's economy cannot be separated from each other, according to a former Army sergeant who now heads up the stock exchange.

Dick Grasso, chairman and chief executive officer of the New York Stock Exchange — and an Army draftee during the Vietnam War — talked about that linkage to attendees of the Dwight D. Eisenhower National Security Conference in Washington, D.C., Sept. 26.

"If in anyway we need to be reminded of the inextricable link between economic performance and national security, think back to that painful day, Sept. 11, 2001." Grasso said. "...We watched, literally, worldwide economic performance come to a standstill."

While the stock market remained closed for a short period last year due

to the terrorist attacks that killed thousands and destroyed billions of dollars worth of property, the terrorists did not win, Grasso said, as the market reopened at 9:30 Sept. 17. Though the media has focused on the loss of lives in New York World Trade Center attacks, Grasso pointed out that the 343 New York City firefighters, 27 police officers and 37 Port Authority police officers who died there helped more than 26,000 WTC workers escape before the two towers fell. He said he knew 135 of the financial workers who died that fateful day.

The chairman pointed out that Eisenhower understood the linkage between national security and economic prosperity as he appointed the secretary of the Treasury to be a full member of the National Security Council as one of his first acts as president in the 1950s.

Grasso attributed the causes of the recent shrinkage of the stock market

from \$17 trillion to \$14 trillion to the terrorist attacks and a lack of trust in the market.

To combat the first cause, Grasso said the nation must continue to make it clear that it will hunt down, prosecute and take care of those who would do America wrong. And, "By not investing 3.8 percent of (Gross Domestic Product) in defense, but by taking that number up dramatically; by continuing what President Eisenhower understood and so well articulated — the inextricable link between economic performance and national defense," he said. "...No great economy can survive if that military and that national defense mechanism isn't nurtured, and stimulated, and invested in — both in capital and human capital."

As to the second cause of the financial slump, Grasso cited the recent financial fiascos of Enron, Worldcom, Aldephia and Tyco. But he said they are just a handful, as

thousands of other publicly held companies are doing it right. Still, more can be done, he said, such as:

Holding management accountable by law and putting in jail those who purposely bilk their companies for all they are worth while leaving the owners, the stockholders, out to absorb the losses.

Requiring companies to have an independent committee on the boards of auditing, nominating and governance with full access to company personnel and records that periodically reports directly to stockholders, not management.

Having the majority of the board of directors for publicly held companies comprised of independent directors not associated with management.

"The system is not broke," Grasso said. "There are people within the system whose moral and ethics are broken."

In closing, Grasso said he hopes to see more done for those who serve

our nation in uniform.

"A man or woman spends 25, 30, 35 years serving this country at an age, late 30s, mid 40s, perhaps early 50s, (and then) returns to civilian life," Grasso said. "A very difficult economic environment, a very difficult and challenging, daunting task of trying to find employment. That person should never be in that position. That person should for the rest of his or her life be supported by the nation."

The Eisenhower National Security Conference is the culmination of a year-long series of lectures and discussions on the theme "National Security in the 21st Century — Anticipating Challenges, Seizing Opportunities, Building Capabilities."

The Army cosponsored the series and conference with private industry and academia.

# Post deployment care defined

Rudi Williams

American Forces Press Service

When some reservist and guardsmen who are sick, injured and suffering from some disease return from deployments or training, they don't know which way to turn for medical care.

That disturbs Kathleen Woody, director of Department of Defense Reserve Affairs' Reserve Medical Readiness and Programs. Because, she said, not knowing what their benefits are can be a big problem for reserve component personnel. Woody spoke at the seminar entitled "Post-Deployment Care Risk Communication and Terrorism: New Clinical Approaches."

Active duty service members have access to military treatment facilities whereas healthcare providers for reserve component personnel are in the civilian community. Therefore, reservists' exposure to military healthcare is limited, Woody said.

A critical information pipeline is needed to ensure that reserve component personnel are educated about their medical benefits before and after they're deployed, she said. "In their post-deployment, they may not be sensitive to the fact that whatever symptoms they're manifesting might be related to their deployment," said Woody, an Air Force Reserve colonel who has served as a critical care nurse and nurse educator in civilian life.

She said someone in the medical field might make the connection, but a mechanic out on the flight line may not associate their problem with their active duty service. "Hopefully their civilian physician will," said the Operation Desert Storm veteran. "However, they may not because the civilian community doesn't have the same access or understanding of military medicine as the military physicians do."

More than anything in risk communications is the need to

communicate the risk of post-deployment, immunizations, medications and medical procedures for reserve component personnel, Woody said.

"We need to drill it down, not just to the commanders and down to the troops, but we need to reach out to the communities and civilian medical providers," Woody pointed out. "The whole gist is to get the information out to people who need to be sensitive to reserve members in the areas they're deploying to. And, we need to ensure that reservists know what their benefits are."

Reserve component personnel are only entitled to military medical or dental care for any injury, illness or disease incurred or aggravated in the line of duty. That includes travel to and from military duties.

But they must be tested to ensure the injury, illness or disease happened while they were on active duty, the colonel noted.

"But, for example, if you feel that your illness is related to your deployment, you can ask for evaluation and treatment of that medical condition. You don't have to be in an active duty status to do that," Woody explained. "Often the reserve member doesn't know that. And it's very important for commanders to know the process and pass the information on to their troops."

One example of this occurred during the anthrax immunization program.

"Many of our reservists were getting the anthrax immunization during their weekend duty and returning to their communities," she said. "They didn't know that one of the common reactions to the vaccine is the nodule. And, many of the civilian physicians didn't know nodules are common to the anthrax vaccine."

Consequently, she said, some physicians put patients on antibiotics, while others lanced the nodule.

"They didn't know that in time the nodule would resolve

itself," the colonel said.

"It has been quite a challenge to get information about anthrax down to the lowest level," Woody said. "There are a lot of issues that reserve component members had with the anthrax vaccine, especially our pilots and air crew members."

Since reserve component personnel are stationed around the world, Woody said it's important from a risk communication standpoint that they're given the right information about their medical benefits.

"When they're finished with their deployment, all they want to do is to go home - back to the reserve community and their jobs," she noted. "So they're probably not going to report or be aware of a lot of things that happen post-deployment."

She told the audience about the dilemma of a soldier who was in Somalia before the Army Rangers. He had emotional problems and a hard time focusing. The soldier didn't know where to go for help or what resources were available after he returned home.

"He had to be referred to Veterans Affairs for treatment," Woody said. "So it's important to get information to the command level so the commander can provide guidance to people."

Woody emphasized that it's important that the facts are straight. "They need to be correct and not anecdotal," she added. "There needs to be a comprehensive communications plan to reach out to Reserve members in their civilian communities."

Educational programs should be targeted to military healthcare providers as well as commanders, service members and civilian healthcare providers, Woody said.

"It needs to be part of an overall communications plan so that your information is built from the top and drilled down," she said. "And the message needs to be consistent all the way down."

# Give the gift of groceries this year

Bonnie Powell

DeCA

Want to make sure your friends and family members in Germany are getting a bountiful dinner this holiday season? Worry no more.

Commissary gift certificates are now available online through the Defense Commissary Agency's Web site. The new gift certificates can be purchased 24 hours a day, seven days a week, 365 days a year. It's all through a link at <http://www.commissaries.com>.

"We are continually seeking ways to improve customer service and we hope this program proves to be a great addition to the commissary benefit," said DeCA Director Major General Michael P. Wiedemer. "The certificates are ideal for family and friends to give to young service members and their families as gifts."

"For instance, parents living in New York can purchase one for the upcoming

holidays or other occasions and 'give the gift of groceries' to their son or daughter wherever they are serving their country, as long as there is a commissary available to them," he said.

Anyone may purchase the gift certificates with a U.S. credit card, but only authorized commissary shoppers can redeem them at the store.

The new customer service is made possible through a business agreement with CertifiChecks, Inc. DeCA does not derive any income from the agreement.

The commissary gift certificates, available in a variety of denominations ranging from \$5 to \$100, may also be

purchased in the United States through a toll free number at 1-877-770-GIFT (4438). Purchasers overseas should use the online link at <http://www.commissaries.com>.

Order forms will also be available at commissary customer service desks or can be downloaded from <http://www.commissaries.com> as an additional option.

The forms may be filled out and sent by mail or FAX to CertifiChecks. Customers may pay with a check if they use the order form.

A standard charge of \$4.95 pays CertifiChecks' costs for printing, mailing and handling of up to 20 certificates - as long as all are going

to the same address. Typical delivery of certificates is four to 10 days. Additional charges apply for bulk orders and for special handling or delivery.

"We've been seeking a gift certificate program for some time now," said Patrick Nixon, DeCA's deputy director, "and this program has the portability we have not been able to offer in the past."

Commissary gift "cards" have been available for sale in stores since fall of 2001 and have been well-received by installation programs such as food banks or chaplain funds, as well as by commissary vendors to use for customer shopping sprees. But, the major drawback for the gift cards has been lack of portability - they had to be spent in the same commissary in which they were purchased.

"The new gift certificates are good at any commissary location worldwide," said Nixon.



## AMC moving to Fort Belvoir

Army News Service

The Army announced Sept. 30 the relocation of the headquarters of one of its largest Army commands, the U.S. Army Materiel Command to Fort Belvoir, Va. The first contingent of employees could be moving into an existing building by February 2003.

Maj. Gen. Richard Hack, AMC chief of staff, stated the primary reasons for the move are increased security, reduction in leased space costs, and enhanced efficiency.

Hack also emphasized, "The events of September 11th underscore our need for security and increased safety."

The plan calls for moving the rest of the command into facilities made available through the erection of manufactured modular buildings by fall 2003. Approximately 1,100 civilian employees, soldiers and contractors assigned to AMC will eventually move to Fort Belvoir.

Fort Belvoir offers a suitable site with in-depth military security, and the relocation will have minimal impact on employees due to its proximity to the current location.

The Army Materiel Command is the only four-star headquarters in the Army not currently located on a military installation.

# Program offers long-term health insurance

Army News Service

Service members and federal employees who might need lengthy or even lifelong assistance with daily living due to illness, injury or severe cognitive impairment now have insurance to help pay for it.

Congress authorized the Federal Long-Term Care Insurance Program in the Fiscal Year 2001 National Defense Authorization Act. Coverage begins for those who sign up in October.

As the program's executive

agent, the Office of Personnel Management launched the insurance plan in March for federal employees, as well members of the uniformed services.

Eligible individuals can enroll through Dec. 31.

Those eligible include active-duty members, retirees, reservists, federal civilian employees, their spouses, parents, stepparents, parents-in-law, and adult children.

The insurance is offered by John Hancock and MetLife and is administered by Long Term Care Partners, a joint

venture between the two companies.

"I think it may be a very good deal," said Ann Pratcher, program manager at the Community Service Financial Readiness Program in Fort Benning, Ga. "I think [people] need to seriously consider a long-term care plan as part of their total financial plan for their life," she said.

Pratcher added people should remember that Medicare and Tricare only cover limited amounts of long-term care costs.

"Some people may look at

their net worth and figure it is large enough that they can pay for the care themselves," she said.

Elwin E. Gilchrist of the Office of Infantry Propensity at Fort Benning plans to buy a policy.

"Most people are going to need long-term care in the future, and with my long-term medical problems, it is definitely a fact I will need it," Gilchrist said.

Some of the plans that attracted Gilchrist include in-home care, inflation protection, care coordination ser-

vices for qualified relatives of employees and waiver of premium while receiving benefits, he said.

In addition, the program features group premiums, coverage for informal health care provided by friends or family members, international benefits and it is guaranteed renewable, officials said.

For more information, call 1-800-LTC-FEDS or visit [www.LTCFEDS.com](http://www.LTCFEDS.com).

Federal Long Term Care Insurance is not a TRICARE program.





Pvts. Matthew Leiningner and Antonio Cowan work on preliminary landscaping around the school's new sign.

# 143rd soldiers reach out to community

Story and photos by  
**1stLt. David E. Sullivan**  
143rd Ordnance Battalion

The Edgewood Elementary School campus received a facelift Sept. 14, as part of Company B, 143rd Ordnance Battalion's community outreach project.

Trimming weeds, cutting grass, preparing a marquee foundation, and spreading 2,000 pounds of mulch were just a few of the tasks that the enlisted volunteers accomplished in the six demanding but rewarding hours of outdoor labor. The support of the soldiers came just in time as the school prepares for its upcoming rededication ceremony.

"We are so excited. I don't know how we would have accomplished this much today without the help of the soldiers," School Principal Allyn Watson said.

The landscaping project was conceived when Capt. Jeff Winston, a chemical staff officer in the Conservation Division of the U.S. Army Environmental Center, volunteered to organize it as part of the Edgewood Elementary School and AEC formal partnership.

For this particular event, Winston coordinated with Capt. Christopher Metz, commander of Company B, 143rd Ordnance Battalion, for their assistance.

"We greatly appreciate the willingness of the 143rd to come out and work so hard to fix up the school," Winston said. His daughter, Alexis, attends second grade at the school.

Capt. Christopher Metz, commander of Company B, 143rd Ordnance Battalion, said regarding his soldiers, "I'm overjoyed

that this worked out as well as it did. Everyone got so much accomplished in so little time."

Drill Sgt. Garey Johnson arrived at the school with his daughter and 10 Company B soldiers at 7:30 a.m. After meeting with the school's chief custodian, Ronnie Younger, the work began.

"I have never seen people work as hard as these soldiers here today. I spend most of my time here, and this is much more than I thought would be accomplished today," Younger said.

"It's too easy," Johnson said, after helping the soldiers prepare the marquee foundation. "We've got enough soldiers to handle the tasks, and we're all very motivated to get away from the barracks and help the community."

One of the many accomplishments the soldiers achieved was the restoration of The Soldiers' Garden, which is a courtyard in the center of the school structure comprised of a slate-bordered grass yard adorned by a magnolia tree and other garden décor.

Then PTA President Rob Holloway named the courtyard The Soldiers' Garden after soldiers from the same battalion landscaped it in 1999.

"I can't believe what they've done with that place," said current PTA President Mary Logan. "These soldiers are the hardest workers I've ever seen."

Even though the day's workload rivaled that of the soldiers' usual duties under more difficult conditions, they were more than happy to help out.

"It's a great opportunity to get outside, help the community and let everyone know that we aren't just kill, kill, kill," Pvt. Teddy Owens said. "I have a daughter and a son, and I wish they



Pvt. Benjamin Myers rakes mulch around some plants at the front of the school.



Teamwork and enthusiasm clean up a Soldier's Garden the school can showcase.

could go to a great school like this."

Another soldier looks forward to participating in outreach projects in the future.

"It's a nice change in duties because it reminds me of my garden at home," Pvt. Monica McDowell said. "I want to come back next weekend."

The school granted Company B permission to help landscape again the following weekend.

## Rocktoberfest is coming to APG

**Yvonne Johnson**  
APG News

Morale, Welfare and Recreation is bringing fun and games in the tradition of the German Oktoberfest to Aberdeen Proving Ground, Oct. 18, 11 a.m. to 11 p.m.

This is an RDO Friday and public schools are closed that day. A full day of food, sporting events and music is planned for the Maryland Boulevard Picnic Area.

### Events for the Rocktoberfest

**Maryland Boulevard Pavilion:** 11 a.m. to 3 p.m., a Dee Jay with Karaoke; character drawing artist; balloons; magic show; face painting food and beverage vendors; cotton candy; candy apples; pretzels, etc. Food items include Bratwurst, Knackwurst, sausage, Pit Beef on Kaiser roll, pit Black Forest ham, hot dogs with sauerkraut, French fries, potato pancakes, and deserts. There will be a raw oyster and clam bar from 4 to 8 p.m. only.

**German Volksmarch:** 10-kilometer (6.2 miles), 8 a.m. and 1 p.m.; participants must finish by 4 p.m. Cost is \$5 for accreditation; \$10 for a hat pin and march credit. Participants may register that day or pre-register with Charles Heinsohn or Chris Lockhart at 410-278-3868/3904 or e-mail them at charles.heinsohn@usag.apg.army.mil or

chris.lockhart@usag.apg.army.mil.

**Rocktoberfest Golf Tournament:** Register at Ruggles Golf Course by Oct. 9. Cost is \$50 for non-members; \$30 for members. The price includes food coupons good for purchases at the picnic area. For more information, contact Stacie Edie at 410-278-3931 or e-mail her at stacie.edie@usag.apg.army.mil.

**3-6-9 To Tap Bowling Tournament:** 9 a.m. to 11 a.m., at the Aberdeen Bowling Center. The third, sixth and ninth frames are automatic strikes and nine pins on the first roll in any other frame is a strike. The cost, \$10 per person; four-person teams, includes shoe rental and Rocktoberfest beverage coupons. In addition, prizes and give-aways will be awarded during the tournament.

### Musical Entertainment:

Band - Star Belly, 4 to 6:30 p.m.

Band - Blue Steele, 7 to 11 p.m.

The event will be held rain or shine, and children under 12 must be accompanied by an adult. Pets are not allowed in the Maryland Boulevard Picnic Area.

Rocktoberfest is sponsored by Imported Avalon Natural Spring Water, the Pepsi Bottling Company of Havre de Grace and First Command Financial Planning.



Photo courtesy of [www.bluesteellegle.com](http://www.bluesteellegle.com)  
Blue Steele will be playing blues, roots rock, and classic rock at the Oct. 18 Rocktoberfest at the Maryland Boulevard Picnic Area.



Erica Martinez, center, and the Double Vision Dancers, from left, Marili Mejias, Christine Atkins and Teresa Smith, perform one of several numbers from their new CD during the free concert at the Edgewood Area Mini Mall 5th Anniversary celebration.

## Mini Mall celebrates fifth anniversary

Story and photo by  
**Yvonne Johnson**  
APG News

The Army and Air Force Exchange Services Edgewood Area Mini Mall celebrated its fifth anniversary of serving Aberdeen Proving Ground with a mini-festival in a show of appreciation to loyal patrons in August.

Led by Edgewood Area Shoppette manager Deidre Taylor, mini-mall employees provided barbecued burgers and hot dog dinners and anniversary cake, while community volunteer groups

offered face-painting, baked goods and information booths, all in a tent set up on the store's grounds.

Along with an hourly raffle drawing for camping gear items, an added attraction was the free concert by Erica Martinez and the Double Vision Dancers, a popular local group that recently released its first CD.

"Inviting our customers to share in our celebration just seemed like the right thing to do," Taylor said.

"We want them to know we've appreciated their sup-

port and will continue to serve them to the best of our abilities."

Groups participating in the event included the Military Parents Education Committee, the Edgewood Middle School Parent and Teachers Association and the Military and Civilian Spouses' Club.

Martinez and her dances performed several songs on a stage constructed on a flatbed truck as attendees sat on blankets in the grass, applauding each selection.

The Edgewood Area Mini-Mall offers a Shoppette full of

food, beverages and fast-moving items such as toothpaste and hair care products, and offers video and carpet shampoo machine rentals; a sandwich and pizza shop; a gift shop and an Avon distribution center as well as a self-service gas station.

The Shoppette is open seven days per week. Patronage to the Shoppette and gas station is authorized only to active duty military, retirees, National Guard and Reserve and their dependants. The adjoining shops are open to everyone.